

# NEVADA LIBRARY Q&A/CHECK-IN

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*10 am, Tuesday, August 4, 2020*

with Tammy Westergard,

Nevada State Library, Archives & Public Records Administrator

# Tuesday @ 10 - Intentions



to promote unity,  
fraternity, and help  
build resilience



to debrief and share



to assist in the response  
phase and start the  
recovery phase.



to learn and be better  
prepared

# Agenda

01

10 Minute  
Wellness:  
helping patrons  
adjust to job loss

02

Q&A with guest  
speaker Grant  
Clowers

03

2020 Soar Survey

04

Save the Dates

05

Check-in

# August speaker: Grant Clowers

Grant Clowers, LCSW, Psychotherapy and Clinical Services Supervisor at Carson Tahoe Hospital Behavioral Health Services

- Specializes in mindfulness-based cognitive behavioral therapy such as Dialectical Behavior Therapy and Acceptance and Commitment Therapy.
- Worked in several different mental health areas including community mental health and outpatient private practice.
- Before coming to Carson City 12 years ago, he worked in the Office of Mental Health Research and Training at the University of Kansas in Lawrence.
- Has worked for the last several years on developing programs to help people deal with the fundamental nature of human suffering, which is the way our brain takes part of reality, especially negative and painful parts, and makes it the center of focus.
  - Known as a “negativity bias” this often leads to an understandable but unhelpful sense of reality as being dominated by problems and pain.
  - The bad news of this therapeutic perspective is that our brains are wired for unhappiness.
  - The good news is that there are practices and skills that can help us to get a broader, more realistic, and more positive view of ourselves and our life.

In this series Grant will show that losing a job or career is more like losing life as we know it, and the resulting stress gets people more and more caught in a narrow and negative sense of reality. But, he will also show that with the right skills, this negativity bias can be overcome and people can take even catastrophe as an opportunity for growth and change.

# Session One



Losing a Job is more than losing  
a job



Our work and our lifestyle are  
reflections of ourselves

A change in work and lifestyle impacts our identity, our sense of who we are.

Just as a promotion can lead to a greater sense of confidence and competence, losing a job or being forced into what seems like lesser work makes a negative impact on our sense of self.



A person is holding a large, rectangular sign made of cardboard or paper. The sign has the words "LOOKING FOR A JOB" written on it in large, bold, black capital letters. The person's hands are visible, holding the edges of the sign. The background is a blurred outdoor setting with some foliage and a fence. The overall image has a sepia or brownish tint.

We live in a culture which tells us that our identity is not exclusively, but largely dependent on our career.

Losing a job or taking a 'lesser' job leads to a sense of failure and loss and is accompanied by a feeling of stress.

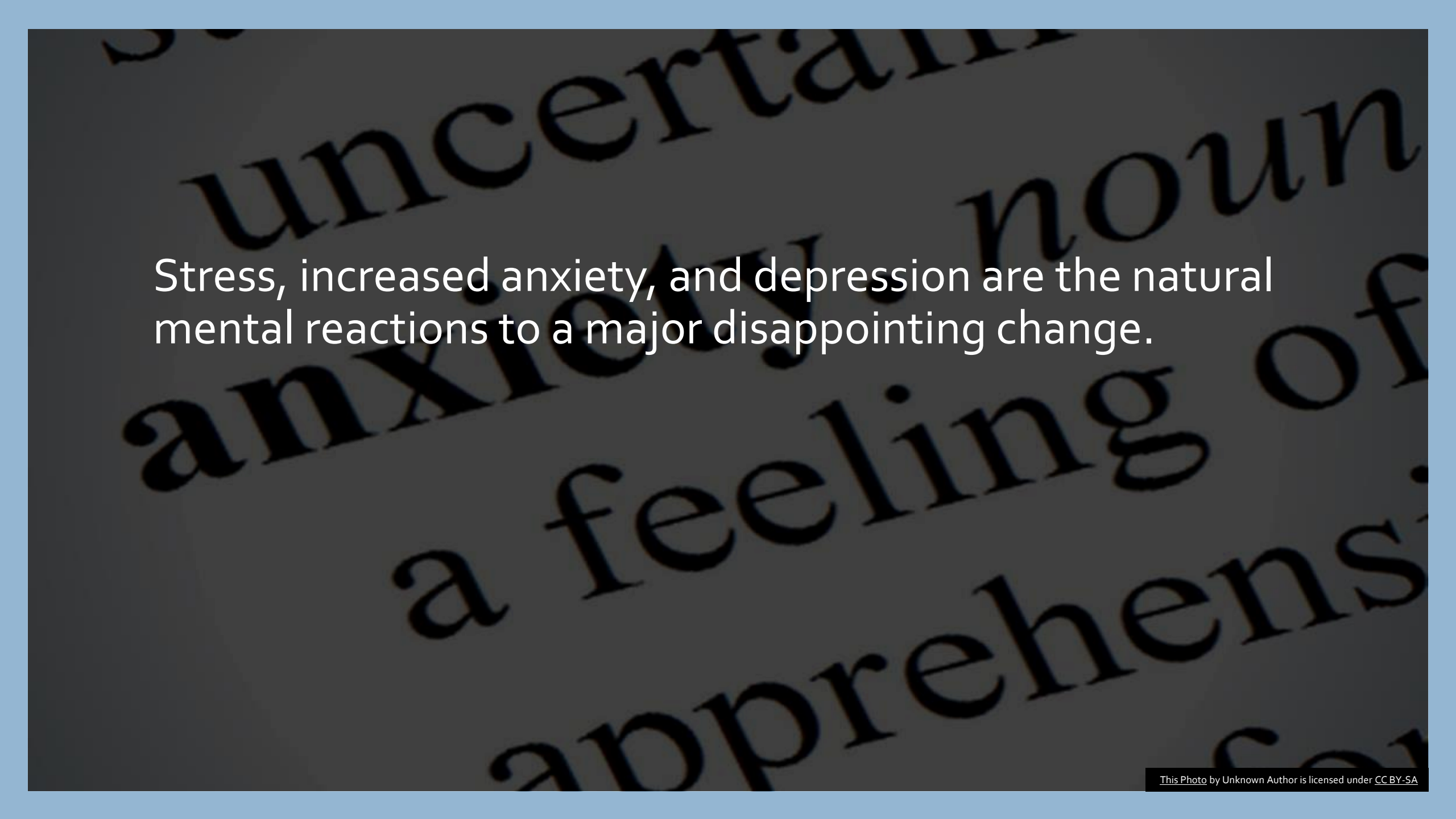


The greater the stress the more our brain is wired to narrow down our sense of reality, and just when we need more options our brain has a hard time thinking outside the box.



Our brain tricks us into hopelessness just when we need hope.

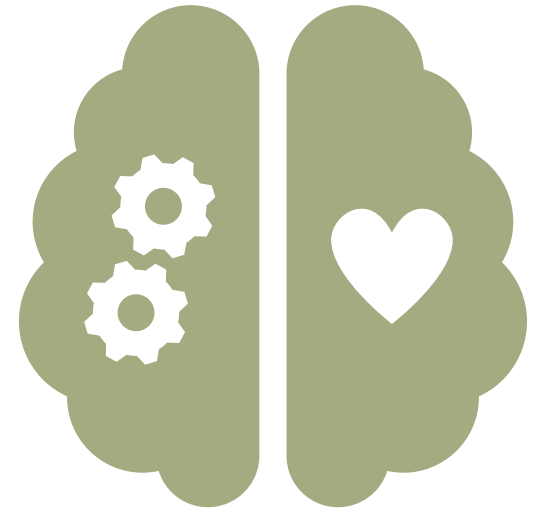


The background of the slide features a dark, textured surface with large, light-colored serif text. The text is arranged in a diagonal pattern, with words like 'uncertainty', 'anxiety', 'noun', 'a feeling of', and 'apprehension' visible. The text is slightly blurred and has a high contrast with the dark background.

Stress, increased anxiety, and depression are the natural mental reactions to a major disappointing change.

# Next Tuesday: Session #2

- The antidote to loss and stress is meaning and love.





Questions/Comments?

# Presenters, August & September



## August

*Helping patrons deal with job loss, building new skills, re-directing mindsets*

**Grant Clowers**, LCSW, Psychotherapist, Carson Tahoe Hospital Behavioral Health Services



## September

*Helping students deal with going back to school and new models of learning*

**Lisa Keating**, PhD, Clinical Psychologist, Sierra Psychological Associates, LLC

# Nevada State Library Covid-19 toolkit



10 Minute Wellness webinars and resources  
posted here



<https://nsla.nv.gov/COVID19/10MinuteWellness>

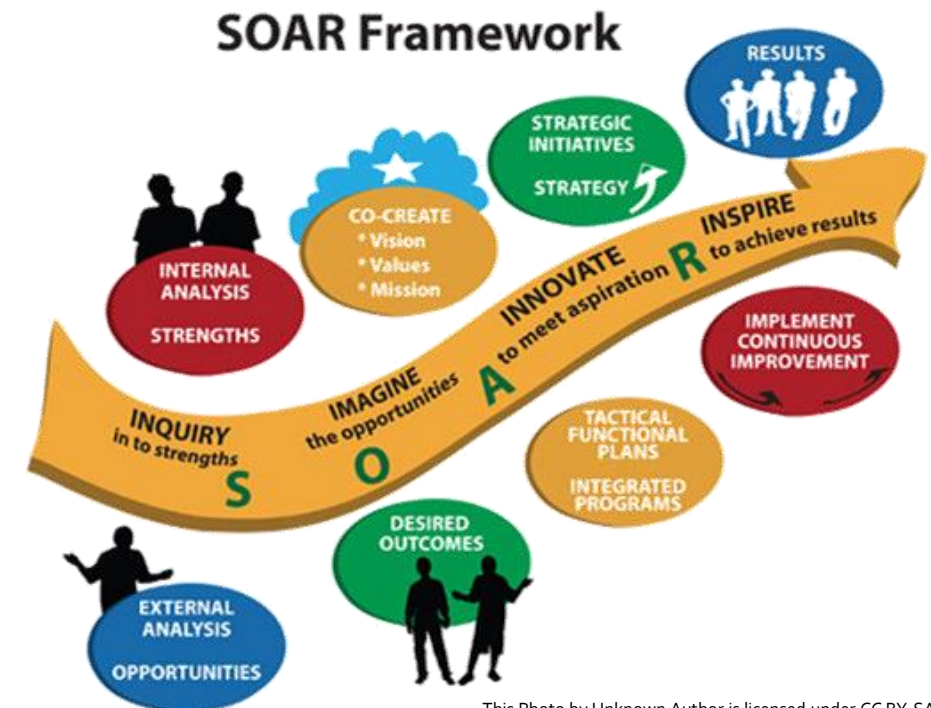
# SOAR Revisited

## SOAR 2018

- <https://nsla.nv.gov/statewide-initiatives/lets-talk-pledge>

## SOAR 2020- NEW survey

- <https://nsla-nv.libwizard.com/f/SOAR2020>
- Due TODAY, August 4, 2020



# Save the Date: Friday, August 14, 2020



1. State Council on Libraries and Literacy (Public Meeting) @ 10 am
  - a. via Zoom: <https://uso2web.zoom.us/j/84495045843>
  - b. Meeting Materials posted by Monday, August 10
  - c. <https://nsla.nv.gov/SCLLo81420>
2. Directors Meeting @ 11 am
  - a. via Zoom: <https://uso2web.zoom.us/j/84495045843>



# CHECK-IN

*Comments, concerns, observations?*



# Library Planning & Development Team

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# VIRTUAL COFFEE BREAK

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An informal, after-meeting chat opportunity